

Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568
(925) 556-4511



Annual Registration needed but
**Daily Reservations
Not Required**

Open Heart Kitchen (OHK) Senior Meal Program is funded, in part, by the Alameda County Area Agency on Aging.

April 2016 Lunch Menu

Lunch is served

Mondays, Tuesdays, Thursdays, Fridays 11:30am - 12:30pm
(Last seating at 12:15pm)

Wednesdays 11:30am - 12:15pm (Last seating at 12:00)

SUGGESTED DONATION: \$3.00

unless otherwise noted

Menu subject to change without notice.

**Drop-ins
welcome**

Salad Available Daily:

lettuce	kidney beans
spinach*+	celery
bell peppers*+	olives
carrots*	cucumbers
beets	mushrooms
tomatoes*+	

Vitamin A Source *	High Salt #
Vitamin C Source +	Spicy @

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day: Chef's Choice	Soup of the Day: Bean	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice
April 1				
				Spaghetti w/ Meat Sauce, Whole Grain Garlic Bread, Steamed Seasonal Vegetables, Salad*+, Seasonal Fruit
April 4	April 5	April 6	April 7	April 8
Chicken and Pasta Bake w/ Carrots, Salad*+, Jell-O w/ Fruit	Beef and Vegetable Stew over Mashed Potatoes, Salad*+, Fruit Cup	Ham Tetrizzini (Spaghetti), Seasonal Vegetables, Salad*+, Mandarin Oranges	Teriyaki Chicken w/ Enriched Rice, Seasonal Vegetables, Salad*+, Cookie	Asian Ginger Pork Chops, Baked French Fries, Brussel Sprouts, Salad*+, Baked Apples
April 11	April 12	April 13	April 14	April 15
Hamburger Steak w/ Onions and Gravy, Baked Potato, Carrots, Salad*+, Pumpkin Bars	Chicken Pot Pie (w/ Carrots, Peas and Potatoes), Whole Wheat Rolls, Salad*+, Fruit Cup	Pork Pancit (w/ Cabbage, Carrots and Green Onions) w/ Enriched Rice Noodles, Salad*+, Mango Pudding	Chicken Fettuccine Alfredo w/ Broccoli, Whole Grain Garlic Bread, Salad*+, Peaches	Italian Meatball Sandwich, Coleslaw, Salad*+, Fruit Cup
April 18	April 19	April 20	April 21	April 22
Ham and Spinach Quiche, Whole Grain Rolls, Salad*+, Seasonal Fruit	Soft Pork Tacos w/ Black Beans, Corn and Red Peppers and Onions, Salad*+, Fruit Cup	Sweet and Sour Chicken over Enriched Rice, Seasonal Vegetables, Salad*+, Tropical Fruit	Marinated Pork Tenderloin, Baked Potato, Sautéed Vegetables, Salad*+, Pears 🎵 Join us for Name that Song at 12:15pm 🎵	Roasted Turkey w/ Mashed Potatoes and Gravy, Sautéed Seasonal Vegetables, Salad*+, Assorted Cakes
April 25	April 26	April 27	April 28	April 29
Hawaiian Meatloaf, Hawaiian Fried Rice, Hawaiian Coleslaw, Salad*+, Banana Pudding w/ Whipped Cream	Black Bean Chili over Enriched Rice, Cheesy Corn Bread, Herb Roasted Tomatoes, Salad*+, Melon Cup	Whole Wheat Pasta Carbonara w/ Broccoli, Ham, Bacon and Peas, Whole Grain Garlic Bread, Salad*+, Applesauce	No Lunch Kitchen closed for Volunteer Event by invitation only	BBQ Pork, Mashed Sweet Potatoes, Sautéed Green Beans, Salad*+, Apricots